

Massachusetts Local Wellness Policy Implementation Assessment for Schools

Organization: Malik Academy

Last Updated: 2026-06-01

IMPLEMENTATION & COMMUNICATION

Handle	Headline	Question	Response	Updated	Plan Status	Notes
Creation of a wellness committee	MA-LWPI-IC-1	To what extent does the district have a wellness committee consisting of parents, students, staff and community members? State or federal requirement	Mostly in place	2026-06-01	-	
Wellness committee meeting frequency and public notice	MA-LWPI-IC-2	To what extent does the wellness committee meet at least 4 times per year and ensure meeting minutes are available to the public? State or federal requirement	Mostly in place	2026-06-01	-	
Responsible district-level official	MA-LWPI-IC-3	To what extent does the district have an official responsible for the implementation of the Local Wellness Policy? State or federal requirement	Fully in place	2026-06-01	-	
Responsible school-level official	MA-LWPI-IC-4	To what extent does the district have school-level official(s) responsible for the implementation of the Local Wellness Policy?			-	
Triennial Assessment	MA-LWPI-IC-5	To what extent does the wellness committee assess the local wellness policy every 3 years? Note: This Massachusetts Local School Wellness Policy Implementation Assessment and the Massachusetts Local School Wellness Policy Strength Checklist are both tools a school/district can use to meet the triennial assessment requirements. State or federal requirement	Fully in place	2026-06-01	-	
Updating and communicating goals	MA-LWPI-IC-6	To what extent does the wellness committee update the local wellness policy goals and communicate those goals to the public? State or federal requirement	Mostly in place	2026-06-01	-	

SCHOOL MEAL PROGRAMMING

Handle	Headline	Question	Response	Updated	Plan Status	Notes
Compliance with USDA nutrition standards for school meals	MA-LWPI-SM-1	To what extent does the district ensure compliance with USDA nutrition standards for reimbursable school meals as part of the National School Lunch and Breakfast Programs, inclusive of meal pattern requirements, nutrient levels and calorie requirements for grades served? NOTE: All Massachusetts schools participating in NSLP must also provide breakfast for their students (see citation).	Fully in place	2026-06-01	-	
Student privacy	MA-LWPI-SM-2	To what extent does the district ensure the privacy of students who qualify for free or reduced-priced meals and protect students with unpaid meal debt from public identification, embarrassment or any disciplinary action due solely to unpaid meal debts? State or federal requirement	Fully in place	2026-06-01	-	

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Access to potable water	MA-LWPI-SM-3	To what extent does the district ensure students have access to free, potable water during the school day, including school meals? State or federal requirement	Fully in place	2026-06-01	-	
Monitoring water quality	MA-LWPI-SM-4	To what extent does the district monitor the quality of water available during the school day?	Fully in place	2026-06-01	-	
Professional learning for school nutrition professionals	MA-LWPI-SM-5	To what extent do school nutrition professionals receive the required hours for professional learning (12 hours for directors, 10 hours for managers, 6 hours for staff)? State or federal requirement	Fully in place	2026-06-01	-	
Incorporating student and family/caregiver voice	MA-LWPI-SM-6	To what extent does the district incorporate student and family/caregiver feedback in school meal programming to inform menu development, dining space decor, and promotional ideas?	Not in place	2026-06-01	-	
Seat time	MA-LWPI-SM-7	To what extent does the district adhere to a minimum seat time for students to consume lunch as stated in the local wellness policy?	Fully in place	2026-06-01	-	
School Meal Menu Strategies: Know Your Students	MA-LWPI-SM-8	To what extent do the district school meal menus reflect student demographics and student voice?	Partially in place	2026-06-01	-	
School Meal Menu Strategies: Minimally Processed	MA-LWPI-SM-9	To what extent do the district school meal menus utilize minimally processed items?	Mostly in place	2026-06-01	-	
School Meal Menu Strategies: Fruits and Vegetables	MA-LWPI-SM-10	To what extent do the district school meal menus include elevated fruit and vegetable options?	Mostly in place	2026-06-01	-	
School Meal Menu Strategies: Leaning into Local	MA-LWPI-SM-11	To what extent do the district school meal menus include local foods (such as proteins, grains, fruits and vegetables)?	Mostly in place	2026-06-01	-	
School Meal Menu Strategies: Plant-Based Proteins	MA-LWPI-SM-12	To what extent do the district school meal menus include plant-based protein options?	Partially in place	2026-06-01	-	
School Meal Menu Strategies: Meal Modifications	MA-LWPI-SM-13	To what extent does the district school meal program cater to meal modifications?	Fully in place	2026-06-01	-	
Implementing Farm-to-School programming	MA-LWPI-SM-14	To what extent does the district implement Farm-to-School programming, such as: incorporating local or regional foods into school meal programs, hosting promotions or special events, such as tastings, that highlight the local/ regional foods, and reinforcing messages about agriculture and nutrition throughout the learning environment.	Partially in place	2026-06-01	-	

COMPETITIVE FOODS & BEVERAGE STANDARDS

Handle	Headline	Question	Response	Updated	Plan Status	Notes
Food and beverages sold to students	MA-LWPI-CF-1	To what extent do foods and beverages sold to students during the school day, including those sold a la carte (inside and outside of the school meals program) and in vending machines, school stores, and snack bars, follow the USDA Smart Snacks standards and the Massachusetts Nutrition Standards for Competitive Foods and Beverages in Public Schools, whichever is stricter? State or federal requirement	Fully in place	2026-06-01	-	
Foods and beverages provided for school and classroom events	MA-LWPI-CF-2	To what extent do the food and beverages that are provided, but not sold to students, during the school day such as rewards, incentives, or at classroom parties (like birthday or holiday parties) or school-wide celebrations meet the nutrition standards set forth in the district's local wellness policy? State or federal requirement	Fully in place	2026-06-01	-	
Smart Snacks standards for marketed food and beverages	MA-LWPI-CF-3	To what extent do the food and beverages marketed to students in school and on the school campus meet the USDA Smart Snacks Standards? State or federal requirement	Fully in place	2026-06-01	-	
Smart Snacks standards for fundraising activities	MA-LWPI-CF-4	To what extent does fundraising involving food during the school day adhere to the USDA Smart Snacks Standards? NOTE: In Massachusetts, there are no allowable exemptions from the federal Smart Snacks in School Standards. This means that all food-based fundraisers held during the school day must meet these standards. State or federal requirement	Fully in place	2026-06-01	-	
Prohibition on using food as a reward	MA-LWPI-CF-5	To what extent does the district prohibit the use of food as a reward or the withholding of food as a punishment?	Fully in place	2026-06-01	-	

NUTRITION & FOOD SYSTEM EDUCATION

Handle	Headline	Question	Response	Updated	Plan Status	Notes
Nutrition education standards	MA-LWPI-FL-1	To what extent does nutrition education for students meet the goals and standards set forth in the district's local wellness policy? State or federal requirement	Fully in place	2026-06-01	-	

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Integrated food system education	MA-LWPI-FL-2	To what extent does food system education for students meet the goals and standards set forth in the district's local wellness policy? Related goals may include hands-on learning opportunities (e.g., gardening, food preparation, taste tests, field trips to local farms and/or food producers coming to schools, and reducing/diverting food waste), and education topics, including but not limited to: how food gets to the table, why what we eat matters, how to make informed decisions about food, the impact of food choices and the food system on health, environment, and economy, and how that impact is experienced differently and inequitably	Mostly in place	2026-06-01	-	
Programs promoting food system education	MA-LWPI-FL-3	To what extent does the school nutrition program participate in programs/activities that promote food system education as set forth in the district's local wellness policy? Such programs may include, but are not limited to: Massachusetts Harvest of the Month program Massachusetts Farm to School Institute program The Fresh Fruit and Vegetable Program, if applicable Local food incentive programs, such as the Northeast Food for School Program, as available Taste Tests	Partially in place	2026-06-01	-	
Accessing local foods	MA-LWPI-FL-4	To what extent does the district access local foods through local sourcing and educate students about local foods as defined by the district's local wellness policy?	Partially in place	2026-06-01	-	

PHYSICAL ACTIVITY & EDUCATION

Handle	Headline	Question	Response	Updated	Plan Status	Notes
Goals related to physical activity	MA-LWPI-PA-1	To what extent does the district meet the specific goals related to physical activity, including recess and movement breaks in the classroom, outlined in the local wellness policy? NOTE: This may include offering to students a combination of physical activity opportunities including, but not limited to: physical education, classroom physical activity, active academics, daily recess, before- and after-school activities, organized sports or clubs, and support for and promotion of active transportation. State or federal requirement	Fully in place	2026-06-01	-	
Goals related to physical education	MA-LWPI-PA-2	To what extent does the district meet the specific goals related to physical education, including physical education requirements, outlined in the local wellness policy?	Mostly in place	2026-06-01	-	

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Recess before lunch	MA-LWPI-PA-3	To what extent does the district provide recess before lunch to students in grades K-8? NOTE: Best practice is to provide 20 or more minutes of recess before lunch on all days during the school year which will complement, not substitute for, physical education class as research has shown that recess before lunch increases school meal consumption and reduces food waste.	Fully in place	2026-06-01	-	

STAFF WELLNESS

Handle	Headline	Question	Response	Updated	Plan Status	Notes
Physical activity opportunities for staff	MA-LWPI-SW-1	To what extent does the district promote physical and mental wellness opportunities for all staff?	Partially in place	2026-06-01	-	
Healthy staff meeting and celebration standards	MA-LWPI-SW-2	To what extent do staff meetings, celebrations, rewards, and events meet nutrition standards and support healthy habits?	Partially in place	2026-06-01	-	

SOCIAL-EMOTIONAL CLIMATE AND CAREGIVER ENGAGEMENT

Handle	Headline	Question	Response	Updated	Plan Status	Notes
Communication about community-based support	MA-LWPI-SE-1	To what extent does the district inform families and caregivers about community-based support available to them?	Partially in place	2026-06-01	-	
Implementation of social-emotional learning curriculum	MA-LWPI-SE-2	To what extent does the district implement school-level evidence-based social-emotional learning (SEL) curriculum?	Mostly in place	2026-06-01	-	
Collaboration to support social-emotional health	MA-LWPI-SE-3	To what extent does the district collaborate with community organizations to support social-emotional health?	Mostly in place	2026-06-01	-	